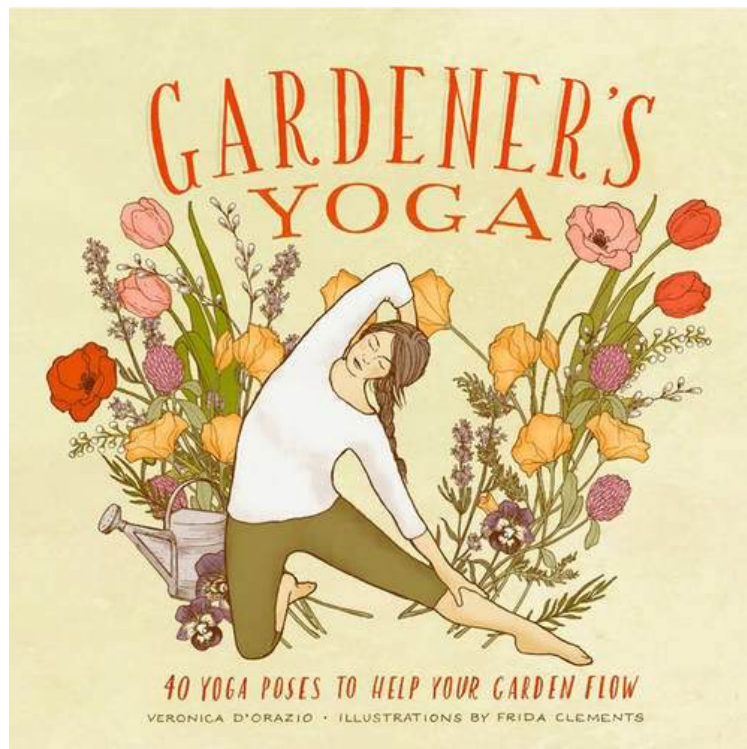


## Gardener's Yoga: 40 Yoga Poses to Help Your Garden Flow

By Veronica D'Orazio



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enthused to actually do them which is half the battle in staying fit

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